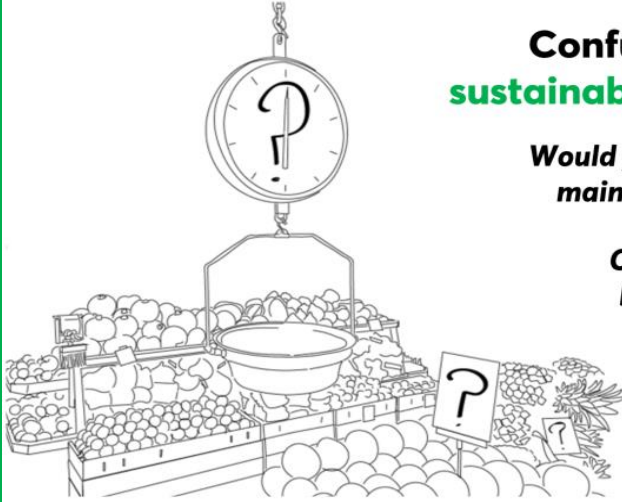




*Celebrating
good food*

Sustainable Diets

Tuesday, February 12, 6:00 p.m.

A line drawing of a market stall filled with various fruits and vegetables. A scale hangs from the top, displaying a large question mark. Another sign with a question mark is placed among the produce.

**Confused about what
sustainable really means?**

*Would you like to know how to
maintain a sustainable diet?*

*Or what the difference is
between labels that say
organic or natural?*

How to Maintain a Sustainable Diet Workshop

Join Consumer Reports members for a workshop on smart tips and tricks for buying sustainable foods and the importance of eating sustainably.



Organized in collaboration with Consumer Reports Inc.

Urbana Senior Center

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